

SENIOR SCENES

Volume 9 Issue 3

MARCH 2010

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Wm. McKinley Senior Site
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Verona PA 15147
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FUNDING SOURCES

Funding is provided by the
Municipality of Penn Hills*
and the Allegheny County
Area Agency on Aging

*YOUR Local Tax Dollars Working
for YOU!!!!

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Notes from McKinley: Mary
Anne Sciallo
Senior Travel: Yvonne Walker

!!!!!!LET IT SNOW!!!!!!

Sitting and looking out
the window as I type this
newsletter, it is SNOW-
ING!!!

I like SNOW, but not in
the dose that we have
been given this past few
weeks!

The Penn Hills Road
Crew has been working
very hard to keep the
main roads in passable
condition (there are many
'main' roads in Penn
Hills), and they have
been trying very hard to
clear the many miles of
residential streets. The
problem is that at least
half the residents of Penn
Hills have to park their
cars on the street, and
the other half with drive-
ways fight to keep that
entry into their driveways
clear.

The plea went out to
'please stay off the roads
unless it is entirely NEC-
ESSARY for you to be
out'. But hundreds of
people still found their
way to the open restau-
rants, grocery stores, and
other shopping venues.
WHY?? How is the Road
Crew able to clear roads
when vehicles were left in
the middle of the road,
parked wherever a per-

son could 'squeeze' in for
a spot?? I know that this
entire snow storm took us
by surprise, and we all
had to make do with what
was available, but so do
the people responsible
for clearing the roads.

Power was out to at least
a third of Penn Hills and
the Penn Hills Senior
Center was declared a
'Warming Center' for
people who were having
a hard time coping with
the loss of that power.

Some residents took ad-
vantage of this and how
did they get to the Cen-
ter? Well, through the
implementation of the
Municipal emergency
system our local VOLUN-
TEER Fire Department
Personnel were put into
service. When residents
called 911 and said they
had no heat, etc. our
EMTs under the diligent
supervision of the EMT
Director, the VOLUN-
TEER firemen through
the coordination of the
EMT Director and the
Fire Marshall, were sent
to those homes to check
out the situation and to
bring those residents to
the Warming Center until
power was restored.

Several residents did
come to the Center for
several hours until their
power had been restored
and I have to say that the
VOLUNTEER firemen
were absolutely wonder-
ful. Their compassion,
patience and understand-
ing are to be com-
mended. These people
are not paid, they leave
their homes (many did
not have power) and their
families to help those in
the community--thank-
you, thank-you, thank-
you from all of us at the
Penn Hills Senior Center
and from those who
benefited from your as-
sistance. All I can say is
'Please Support Your
Local Volunteer Fire
Departments' and when
you see our Police,
EMTs, and the Road
Crew give them a big
'THANK YOU' too.

The HDM Coordinator
and the HDM consumers
also want to thank the
following VOLUNTEER
firemen for helping to de-
liver meals on Tuesday,
February 9th: from VFD
221-Lincoln Park-Chief
Shawn Snyder, Captain
JC Whalen,continued
on Page 5

JEFFERSON CENTER NEWS

Shopping Trips: for Mar.: Thurs., Mar. 4th-Shop-'n'Save; Thurs., Mar. 18th-Monroeville Mall; Tues., Mar. 23rd--Giant Eagle Market District in Shadyside; and Wed., Mar. 31st-WalMart. See Dee to sign-up.

Center BIG Bingo: for March will be held on Tues., Mar. 16th immediately following lunch. This is a monthly Fundraiser for the Center and we appreciate your support. To register for lunch, please call Dee at 412-244-3410.

Senior Breakfast: first Senior Breakfast of 2010 will be on **Wed., Mar. 3, 2010** (please note the change of day). The menu will be: waffles, scrambled eggs, bacon, fruit, juice, coffee, tea, and milk all for \$1.00 per person. Breakfast will be served in *Café 147* located on the second floor of the Center from 8 am to 9 am. For information, please call Lena at 412-244-3405.

Friday Nite Bingo: the Women's Softball Team is hopefully going to start off the 'New Year' on Fri. evening Mar. 12th as long as the weather cooperates with us. Please continue to come to these bingos--the proceeds help to support the Penn Hills Women's Softball Team. If the weather is questionable, please call 412-244-3400 between 10 am and 2:30 pm to check for cancellations.

Center Day Trips: Music 101-Piccolo, Piccolo, w/ Rhian Kenny-Heinz Hall-Wed., Mar. 10th--this is FREE but you will need 4 OPT tickets and money if you wish to purchase your lunch (you can order it through Lena). Leave the Center at 11 am & return at 1:45 pm. "Let's Eat Out Group"--Hoffstot's in

Oakmont-Fri., Mar. 19th. You can select your meal from the 'early bird' special menu and prices. Leave the Center at 4 pm and return at 7 pm. **Nunsense at the Cabaret Theater-Thurs., Mar. 25th.** The price of \$42.00 per person includes the show (a comical but 'true' representation about the Sisters and their teaching experiences) and buffet. You will also need 4 OPT tickets for transportation and the cost of your meal. Leave the Center at 11 am and return at 2:30 pm. If you are interested in any of these trips, please stop by or call Lena at 412-244-3405.

Senior Veteran's Group: Phyllis will be unavailable for the first two weeks of March so we will be having the Veteran's Meeting on **Thursday, March 25th.** Letters have been sent out the last week of February with the change of date. Thank you for your understanding.

Center Movie Day: for Mar. will be on Wed., Mar. 24th in the Center Activity Room-1st floor. The movie will be "*THE PROPOSAL*" starring Sandra Bullock. This is a comedy about a female executive who is facing department to Canada and what she will do to stay at her job. The movie begins at 12:30 (immediately following lunch) & goodies will be served.

Evening Dinner: will be held on Thurs. evening, Mar. 18th. Tickets will go on sale in the Center lunchroom beginning Fri., Mar. 5th at a cost of \$1.50 per person, non-refundable, (monies collected help to defray the cost of the 'extras' for this dinner); see Dee in the lunchroom office. The evening will begin

with hors'd'ouerves, followed by a delicious dinner of chicken breast, baked yams, broccoli, cauliflower & carrot medley, roll & Promise margarine, vanilla pudding w/berries, coffee, tea and milk.

55 Alive Driver's Class: is scheduled for Mon., Apr. 19th & Tues., Apr. 20th from 9 am to 1 pm. The cost will be \$10.00 per person. For information, call Lena at 412-244-3405.

Fallen Hero Fund: don't forget to purchase your tee-shirt (\$15.00 sizes 'S' to '4XL', memorial wrist band (\$5.00), or bumper stickers (\$3.00 for 1 or 2 for \$5.00). All the funds raised will be put towards a memorial for Officer Michael Crawshaw who was killed in the line of duty on Dec. 6th. We will be offering these items until they are gone. To purchase any of these items, please see Michele in the Center office. If you are paying by check, please make it out to:

Penn Hills Police Fallen Hero Fund

If you are paying in cash, please have the correct amount--we cannot make change.

Special Note to HDM Consumers: we realize that the majority of you have a difficult time, but if it is at all possible, please keep your sidewalks passable. In bad weather, we may be able to get drivers and runners, but if your sidewalks and entry ways are not passable, you will not get your meal. Remember, the people who deliver are VOLUNTEERS and many are seniors also. Your cooperation is greatly appreciated.

"Wednesday, March 3, we'll celebrate March Birthdays.

Friday, March 5th, is 2nd Hand Shopping. Box lunches will be served.

Did you know that March is National Peanut Month? Bet you didn't! It all began as National Peanut Week in 1941. It was expanded to a month-long celebration in 1974. Coincidentally, March is National Nutrition Month.

Show your peanut I.Q. by sharing some of these fun facts with your friends this month. One serving of peanuts is a good source of protein, Vitamin, E, Niacin, Folate, Phosphorus and Magnesium and peanuts are cholesterol-free and low in saturated fat. Peanuts are not actually nuts at all, they are legumes. There are uses for the shells also. They are found in kitty litter, wall-board, fireplace logs, paper, animal feed and sometimes as fuel for power plants. We had two presidents that were peanut farmers, Thomas Jefferson and Jimmy Carter. One acre of peanuts will make 30,000 peanut butter sandwiches. We're going to celebrate the peanut on Wednesday, March 10. Bring in something with peanuts in the recipe and we'll exchange recipes. Cider and peanuts will be on the snack menu.

Friday, March 12, we're off to the Mills for Wal-Mart and Sams. Box lunches will be served. Departure time will be approximately 9:30 a.m. with a return of 1:00.

I'm really excited to offer a new trip just in time for the Lenten season. Tuesday, March 16, we'll be taking

a trip to Saint Anthony's Chapel in Mount Troy. If you've never heard of this gorgeous chapel, it's really something to see. An inscription written in Latin on the central arch of the Chapel reads, "Here Lie the Saints in Peace." Construction began in 1880 and over 5,000 relics of the saints have reposed peacefully in the chapel for over a hundred years. The impressive collection is displayed in beautifully wrought reliquaries, arranged in altars and side cases constructed of hand-carved solid walnut. For many centuries these relics were venerated in Europe. Documents to verify their authenticity accompanied the acquisition of the relics and are retained with security. The Chapel's stained glass windows are all imported from Europe. There are 14 stained glass windows above the *life size* Stations of the Cross. The Stations portray the apostles and the center window above the entrance depicts the Blessed Virgin Mary as the Queen of Heaven. You'll see Saint Joseph and Saint Anthony and Saint Catherine of Siena. Over the years the Chapel fell into a sad state of disrepair. Bishop Leonard gave permission for its restoration. In the summer of 1972, a committee was formed and fund raising began. The restoration was done in three stages as money became available, and was completed in November, 1977. OPT will leave the center at approximately 12:15 and return around 4:30 p.m. There is no charge for the trip, however donations are accepted. People travel to Europe to see such magnificent chapels, we have one right here and I bet you've never been there.

We'll be departing McKinley around 12:15 with a return time of approximately 4:30.

Friday, March 19, is Movie Day. We'll be watching *Gorillas in the Mist* and this is also our pick for the book club.

Friday, March 26, is Book Club Day. *Gorillas in the Mist*, by Dian Fossey, is her account of 13 years in central Africa observing and interacting with endangered mountain gorillas. She fought for conservation of these dignified and gentle animals that she came to know and love until her violent murder in 1985. As is the protection of wild animals wasn't urgent enough, imagine what happens when the population itself is getting killed. We'll learn something this month and your eyes will be opened with every page turned.

Think ahead to April. We'll be traveling to Hartwood Acres for the spring blooms. More to come next month."

St. Patrick's Day/Senior Prom Events

Don't forget our **St. Patrick's Day** celebration on Tues., March 16th. The Pittsburgh Ceili club will be here to provide some wonderful entertainment for you. Tickets are on sale in Dee's Lunchroom office at \$1.50 per person non-refundable (to help defray the cost of extras) beginning Wed., Mar. 10th. Remember, if you are a regular, you still have to purchase a ticket and sign-up with Dee for the lunch and the program, if you don't sign-up, you will not be on the lunch list and you will NOT be picked up by OPT that day. Space is limited so make your plans early!

Senior Prom: The tentative date for this event is Friday, April 23, 2010 from 3:30 to 7 pm. The event will begin with a late lunch/early supper of chicken, potato, vegetable, salad, milk, coffee, tea and dessert at 3:45 pm in the Center lunchroom. After the meal the fun begins in the first floor Activity Room. Music will be provided by Burk Benson and the Country Classics, you can dance as you wish, have your photo taken and enjoy refreshments. Tickets will be \$5.00 per person (non-refundable) to help defray the cost of entertainment and refreshments. Tickets will go on sale in the Center office beginning on Friday, March 5th. This program is for 'singles' and 'couples'. We will have polkas, line dances, etc. There is NO reason for you to miss this event. So get out your special clothes and make plans to attend. For information, call 412-244-3405.

Box lunches will be served the day of the Prom and OPT riders will be picked up to return home at 12:30 so that we can get ready for the Prom.

ANNUAL VOLUNTEER LUNCHEON

It's time to count up your **2009** Volunteer Hours! The Penn Hills Senior Service Center will be honoring our Volunteers on Sunday, April 18th at the Churchill Country Club.

As always, our Volunteers will be the guests of the Center. If you bring an escort, tickets can be purchased for \$20.00 per person non-refundable. We ask that you bring only one escort per volunteer.

Luncheon will be served at 12 noon and you will have your choice of chicken piccata, stuffed pork chop, or baked scrod. Each meal will be served with roasted potatoes, vegetable medley, soup, salad, pecan ball for dessert, coffee, tea, and soft drinks.

Please plan to arrive **NO** earlier than 10:30 am. The event will be over at 2:00 pm.

To qualify for this luncheon

you **MUST** have volunteered a minimum of **50** volunteer hours during the year of **2009**. If you are unsure, please check with Lena. To pick up your ticket and/or purchase one for a guest, please see Lena or Michele in the Center office.

?!?!?!Let It Snow?!?!?!.....continued from Page 1

.....and Firefighter Quinton Stubbs; and from Station 222 - Rosedale President Paul Weir and Vice-President Lou Ranaldi. They volunteered to drive and act as runners for the Home Delivered Meals Program to make sure that meals were delivered to the shut-ins. Again, these gentlemen came in to

volunteer on their own time. It also provided a way for other residents of Penn Hills to see what our senior volunteers do each day for the home bound elderly. We invite them to come back and pitch in any time they can.

We also want to thank the gentlemen

from the Public Works Department (Road Crew) who came to the Center to clear the parking lot. It is very frustrating when they are trying to do their job and have to work "around" several parked vehicles.

Let's all pray to the "weather gods" to please stop the snow!!!!

CCAC CLASSES FOR MARCH

The following are the classes that are being offered at the Penn Hills Senior Center through CCAC: **Photography** -digital camera--Mon., March 8th through Mon., Apr. 12th from 9 am to 11 am--Instructor will be David Herbert. Bring your camera and get creative. **Computers II**--Mon. Mar. 8th through Mon. Apr. 26th from 12 noon to 2 pm--Instructor will be David Herbert. If you took Computers I you can now take Computers II and learn even more. **Dance-Exercise**--Tues., Mar. 16th through Tues., May 4th from 1:30 pm to 3:30 pm--Instructor will be Shirley Booker. Come in and get in shape for summer!! These classes are free. If you are interested, please register with Lena in the Center office or call 412-244-3405. We need a minimum of 10 people for the Photography and Dance Exercise and a minimum of 9 for the Computers II class.

WINTER SENIOR GAMES WINNER

CONGRATULATIONS are in order to our very own **Robert Yee**. He took part in the CitiParks *Senior Interests* Winter Senior Games in January and did very well. He competed in the 75-79 age division and won a bronze medal for table tennis, a silver medal for shuffle board, a silver medal for darts, and a silver medal for basketball spot shot. We are very proud of you, Robert, keep up the good work!!

SPECIAL NOTE

During the Snow Storm last month our mettle was tested. It did not matter what your age is, the SNOW just kept coming and the driveways, sidewalks and parking spaces kept getting snow covered. It seemed that 99% of the area population experienced difficulty in tackling this situation and many called the Senior Center for "snow removal referrals, etc".

We are a Department of the Municipality of Penn Hills. We **do not** have magic lists and special phone numbers for snow removal, garage cleaning, grass cutting, tree removal, plumbers, electricians, painters, etc. We do have numbers of a group called Senior Handymen, Angels in Overalls, etc. and they are "fee for service" and may not provide the service that you need.

Have you tried calling the Senior High School, your local church, fire department, etc.? Perhaps, they have numbers they can pass along.

We want to help you in any way that we can, but to recommend one business over another is very hard to do, and what works for one person may not work for another; and we most definitely do not want to be responsible in any way if you are not satisfied.



SENIOR TRAVEL



Mar. 21-22: MEADOWS CASINO--\$87 pp double; \$125 pp single. Meadows Casino-\$15 slot play & \$5.00 food coupon; then its off to the Mountaineer Casino & Resort for an overnite--bonus \$20 slots, \$20 food coupons. There are still a few more seats. You will need your player's card numbers and you MUST bring a photo ID with you. Leave Penn #7 Fire Hall at 8:30 am. PAYMENT IS **DUE NOW!!!**

Apr. 16: SWAN LAKE BALLET w/Live Orchestra--\$12 due **NOW** plus 4 OPT tickets.

May 5-6: 'JOSEPH' Sight & Sound Theatre, Lancaster--\$274 pp single; \$224 pp double; \$204 pp triple; \$194 pp quad--includes transportation, lodging at Holiday Inn Express, dinner at Miller's Smorgasbord, expanded continental breakfast, Kitchen Kettle Village, Farmer's Market, baggage handling, taxes & driver's gratuity. Insurance is available. \$15.00 deposit due now with FINAL payment due April 1.

May 26: LET'S GO TO THE ZOO!! We may have to change the date to AFTER Memorial Day so we can use the tram--see next month's newsletter.

May 29-June 6: MOUNT RUSHMORE, THE BADLANDS, BLACK HILLS OF SOUTH DAKOTA--\$715 pp. Includes 9 days, 8 nites, 14 meals & much more! See flyers. \$75 pp due at signing with final payment due Mar. 23rd. Insurance is available. Call me now if interested--we will probably have to cancel!!

June 5: "BURGH BITS & BITES"--\$35 pp & OPT tickets. We travel by OPT to the Bloomfield area of Pittsburgh where we will see the neighborhood and sample the goodies. Must be able to go up and down a flight of steps. There is moderate walking.

June 18-26: CANADA & NEW ENGLAND WITH ROYAL CARRIBEAN CRUISE LINES "ENCHANTMENT OF THE SEAS". Passport required. Prices start at \$1298 pp. We will motorcoach to Baltimore visit Portland, Maine, New Brunswick, Nova Scotia, Bar Harbor, & Boston, Maine. Port charges & fees included. Insurance extra. See flyer at Travel Desk.

Sept. 13: RIVER'S CASINO; "GATEWAY CLIPPER" LUNCHEON CRUISE--\$60 pp. Enjoy motorcoach to Station Square to board the Gateway Clipper and enjoy a delicious lunch with entertainment while cruising the Three Rivers. Then onto River's Casino where you will get \$15 bonus play.

Oct. 10-16: CAPE COD, MA--\$509 PP DOUBLE; \$649 PP SINGLE--includes 6 days, 5 nites, 5 breakfasts, 4 dinners; "Welcome" cocktail reception; visit to Hyannis & Kennedy Memorial; explore Sandwich, MA; Provincetown; ferry to Martha's Vineyard; stop at Foxwood Casino!! First deposit of \$50 pp is due on July 5th. Insurance is available.

When paying by check, please make the check out to:

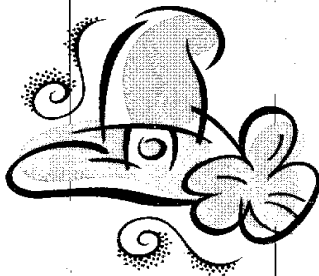
PENN HILLS SENIOR TRAVEL

If you have any questions, or if you want to sign up for any of the above trips, please call:

YVONNE at 412-795-4821.

I am NOT in the office everyday.

MARCH 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1 HAMBURGER ROASTED POTATOES BUTTERNUT SQUASH WHEAT BUN PLUMS MILK	2 TURKEY DIVAN WHEAT BREAD BROWN RICE APRICOTS SUGAR COOKIES MILK	3 ROUND STEAK GRAVY WHIPPED POTATOES GREEN BEANS DINNER ROLLS CHERRY COBBLER MILK BIRTHDAY MENU	4 SPAGHETTI AND MEATBALLS TOSSED SALAD ITALIAN BREAD APPLE MILK	5 MACARONI AND CHEESE SPINACH SALAD MULTI GRAIN BREAD ORANGE MILK	FREE BINGO MARCH 26 TH
8 BBQ COUNTRY RIB VEGETABLE MEDLEY PARSLIED POTATOES 9 GRAIN BREAD SLICED PEACHES MILK	9 CHICKEN WALDORF BROCCOLI SLAW WHEAT BREAD CHOCOLATE CAKE MILK	10 PHILLY CHEESE STEAK HOAGIE ROLL ORANGE MILK	11 MEATBALL SANDWICH WHIPPED POTATOES TOSSED SALAD WHEAT BUN BANANA MILK	12 BAKED COD AU GRATIN POTATOES PEAS RYE BREAD CHOCOLATE CHIP COOKIES MILK	NO BIG BINGO
15 CHICKEN BREAST GRAVY BROCCOLI WHEAT BREAD RICE PILAF PLUMS OATMEAL COOKIE MILK	16 MEAT LOAF PEAS YAM FRENCH BREAD PINEAPPLE CHUNKS MILK	17 CORNER BEEF AND CABBAGE WHIPPED POTATOES RAISIN BREAD LIME SHERBET SUGAR COOKIE MILK ST PATRICK'S DAY	18 BBQ PORK SCALLOPED POTATOES SPINACH WHEAT BUN BROWNIE MILK	19 TUNA SALAD PASTA PRIMAVERA CARROTS WHEAT BREAD BANANA MILK	HOME DELIVERED MEALS (412) 244-3408
22 HAMBURGER PARSLEY POTATOES GREEN BEANS WHEAT BUN PINEAPPLE CUTS GRAHAM CRACKERS MILK	23 PORK CHOP BRUSSEL SPROUTS WHEAT BREAD BROWN RICE PEACH SLICES MILK	24 PEPPER STEAK WHIPPED POTATOES WHEAT BREAD TAPIOCA PUDDING MILK	25 CHICKEN DINNER SALAD SPINACH CARROT SLAW DINNER ROLLS CHOCOLATE CHIP COOKIES MILK	26 CHEESE TORTELLINI SAUCE MIXED GREENS ITALIAN BREAD BANANA MILK	PHONE FOR LUNCH (412) 244-3401 CALL FOR LUNCH THE DAY BEFORE BEFORE 11:00 AM
29 BAKED CHICKEN BROCCOLI ORZO DINNER ROLL PLUMS MILK	30 ROAST BEEF TOMATOES AND CUCUMBERS CORN AND PEA SALAD WHEAT BUN ANGEL FOOD CAKE MILK	31 STUFFED CABBAGE PARSLEY POTATOES GREEN BEANS WHITE BREAD MOLASSES COOKIE MILK			

ACTIVITIES

MARCH 2010

MCKINLEY

MONDAY

Art and painting class 9:00
Card Club 10:00
Puzzles
Lunch 11:30
Bingo 12:00
Evening TOPS weigh-in @ 5:30-6:15,
Meeting @ 6:15-7:00

TUESDAY

Puzzles
Pokeno 10:00
Lunch 11:30
Bingo 12:00

WEDNESDAY

Puzzles
Michigan Rummy 10:00
Tai Chi 10:00
Lunch 11:30
Bingo 12:00

THURSDAY

Puzzles
Pokeno 10:00
Lunch 11:30
Bingo 12:00

FRIDAY

Puzzles
1st Friday 2nd hand shopping
2nd Friday WalMart Pgh Mills
3rd Friday Movie Matinee Day
4th Friday Book Club
Card Club every Friday
Lunch 11:30
Bingo 12:00

JEFFERSON

MONDAY

Wood carving 9 am
Fitness matters 10-11 am
Aqua aerobics 9:30-10:30
Blood pressure with Shirley 11:15-12:30
Ceramics 9:30-12:30
500 card club (1st & 3rd) 12:30
Yoga 2:30 – 3:30
Tai Chi 12:30 – 2:00

TUESDAY

Men's fitness 12:15-1:45
Art 12:00 – 1:30 pm

WEDNESDAY

Fitness matters 10:00-11:00
Ceramics 9:30-12:30
Knitting class 1:30-3:30
Aqua Aerobics 9:30 -10:30

THURSDAY

Quilting group 9:00 -11:00
Men's fitness 12:15 -1:45
Evening TOPS weigh-in @ 6:15 -7:00 pm, meeting @
7:15-8:15
Computer class with Hank 10 – 11:30

FRIDAY

Bible class 10:30
Chair exercise 10:30
TOPS weigh-in @ 11:15 -12:00,
meeting @ 12:15 -1:15
Sing-a-long every other week
Line dancing 1:30 -2:30
Pinochle 12:30 – 3:00
Bridge

ADVISORY COUNCIL MARCH 10, 2010